



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



2 Crispy Artichoke Risotto

A great alternative to traditional risotto. Cauliflower rice cooked in stock and lemon juice, served with sautéed greens, crispy artichokes and fresh sprouts.

 30 minutes

 2 servings

 Plant-Based

22 October 2021

Bulk it up!

If you have some mushrooms, or green vegetables like zucchini, baby spinach, or frozen peas, add them into your risotto to bulk it up.

Per serve: **PROTEIN** 15g **TOTAL FAT** 9g **CARBOHYDRATES** 44g

FROM YOUR BOX

CAULIFLOWER	1/2 *
BROWN ONION	1
LEMON	1
NUTRITIONAL YEAST	1 packet (5g)
JERUSALEM ARTICHOKEs	200g
GREEN BEANS	1/2 bag (75g) *
SNOW PEA SPROUTS	1/2 punnet *
SUPER SEED SPRINKLES	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried sage

KEY UTENSILS

2 frypans, food processor

NOTES

If you don't have a food processor you can grate your cauliflower or use your knife to finely chop it.



1. PREPARE CAULIFLOWER

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion, add to pan along with **1/2 tbsp dried sage** and cook for 1 minute.



3. SIMMER RISOTTO

Add cauliflower to pan. Crumble in **stock cube** and add **1 cup water**. Simmer, semi-covered, for 8-10 minutes until softened. Zest lemon to yield 1 tsp (reserve for step 5). Squeeze in juice from 1/2 lemon and wedge remaining. Add nutritional yeast, stir to combine. Season with **pepper** to taste.



4. FRY THE ARTICHOKEs

Heat a frypan over medium-high heat with **oil**. Thinly slice Jerusalem artichokes. Add to pan along with **1 tsp dried sage**. Cook, semi-covered, for 8-10 minutes, turning occasionally, until golden and tender.



5. ADD THE BEANS

Trim green beans and cut into thirds. Add into pan with artichokes for last 2 minutes of cooking time. Stir through lemon zest and season with **salt and pepper**.



6. FINISH AND SERVE

Divide risotto among shallow bowls. Top with pan-fried vegetables, snow pea sprouts and lemon wedges. Sprinkle over super seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

